

# Menu

There are a variety of pre-made sandwiches, rolls and wraps available for students, with a selection of different breads. Below are what ingredients are on offer.

<b>Sandwich, wrap or roll</b>	<b>Price</b>
Chicky Sub: chicken breast, baby spinach, tasty cheese and sweet chilli sauce	\$5.00
Time for a CHaT: Cheese, ham and tomato	\$4.50
By the Sea: Tuna, low fat mayonnaise, tomato and cucumber	\$4.50
Luau: ham, pineapple and cheese	\$4.50
Christmas all Year: turkey, cranberry sauce, tasty cheese and baby spinach	\$5.00
Mediterranean Flavour: salami, cheese, tomato, capsicum and onion	\$5.00

## Ingredients on offer to 'make your own' sandwich, wrap or roll.

**All of these options are available for students to order each day. We ask students to pop by the canteen before school to place their order so we can ensure this will be ready for them at lunch time.**

### Meats & Fish

Chicken schnitzel

Tuna

Seasoned chicken breast/sweet

chilli chicken strips

Turkey

Virginian ham

Salami

### Salad, Cheese & Vegetables

Grilled vegetable medley Avocado

Lettuce

Tasty/fetta/cream

cheese

Coleslaw

Tomato

Cucumber

Pineapple

Capsicum

Baby spinach

Onion

Alfalfa

### Condiments

Mayonnaise

Cranberry sauce

Fruit chutney

Sweet chilli sauce

Tomato relish

## Snacks

### Other

Coleslaw

Potato salad

Caesar salad

Caesar salad with chicken

### From

\$4.00

\$4.00

\$4.00

\$4.50

<b>Other</b>	<b>From</b>
Rice salad	\$4.00
Quinoa, couscous and black rice salad	\$4.00
Fresh fruit salad	\$2.00 cup or \$4.00
Fresh fruit	From \$1.00
Sushi (twin pack)	\$6.50
Dessert yoghurt with fruit coulis or granola	\$2.00 cup or \$4.00

## Hot Food Options

**Please note, all of these hot food options are rotated daily so may not available every day. Please see the canteen staff each morning to ask what is available on the day.**

<b>A variety of homemade meals</b>	<b>From</b>
Lasagne	\$5.50
Vegetable Lasagne	\$5.50
Cheese, pumpkin and spinach slice	\$5.50
Zucchini slice	\$5.50
Aranchini	\$2.00 each
Assorted frittata	\$5.50
Pulled pork sliders with coleslaw	\$5.50
Pasta of the day	\$5.50
Stir fry	\$5.50
Hearty casseroles	\$5.50
Soup of the day (during winter only)	\$5.50
Roast beef/chicken roll with gravy	\$5.00
Succulent chicken burger with lettuce and tomato	\$5.50
Premium wagyu beef burger with lettuce and tomato	\$5.50
Sweet chilli/lemon pepper or tandoori chicken wrap	\$5.50
Hand-made seasoned potato chunks	\$4.50
Homestyle pizza	\$3.50
Egg & bacon roll	\$4.00
Nachos with chunky salsa and light sour cream	\$4.50
Steamed dim sims	\$1.00 each
Baked potato with healthy, tasty toppings	\$4.50

## Sweets

<b>Sweets treats</b>	<b>from</b>
Muffin	\$1.00
Home-style slices	\$3.00
Home-style cookies	\$1.00
Muesli bars	\$2.00
Apple cake	\$2.50

<b>Sweets treats</b>	<b>from</b>
Banana bread	\$2.50
Mousse cup	\$2.00
Icy twists	\$1.50
Ice cream cup (gluten free)	\$1.50
Calippo	\$1.50
Zooper Dooper	\$1.00
Frozen fruit juice cup	\$1.00

## **Drinks**

Juice 500ml	\$4.00
Water	\$2.50
Big M 300ml	\$2.50
Big M 500ml)	\$4.00
Zero Sugar Cans	\$2.50
Flavoured Water 750ml	\$4.50
Juice Box	\$2.50